

ABSTRACT OF THE DISCLOSURE

An adjustable mounting bar and electrical box assembly for hanging a light fixture, fan, or other electrical device from a ceiling. All hardware required for mounting the electrical device is included with the assembly. The adjustable mounting bar includes

5 sliding tubular members with end flanges for spanning between adjacent overhead joists. An electrical box is connected to the tubular members by a clamp and outer clamping fasteners, which can be loosened to adjust the length of the adjustable mounting bar. The end flanges include penetrable tabs that can be driven into the overhead joists to temporarily secure the adjustable mounting bar to the joists and thereby free the

10 installer's hands. First load bearing fasteners are threadably engaged in first storage receptacles in the sliding tubular members of the assembly and upon temporary securement to the joists, can be removed from the storage receptacles and fastened through the end flanges to securely fasten the mounting bar to the joists. The assembly includes second load bearing device fasteners that are threadably engaged in second

15 storage receptacles in the electrical box. After the mounting bar is secured to the joists and the electrical box is secured to the mounting bar, the device fasteners can be removed from the second storage receptacles and an electrical device brought into engagement with the lower edge of the electrical box. The device fasteners are then driven into receptacles in the clamp. Oversize openings are provided in the top wall of the electrical

20 box to ensure that the suspended load is borne by the clamp and mounting bar and not the electrical box.